



---Press Release---

October 18, 2016

We hope this message finds you and those around you well. Starting today Tuesday October 18 through Tuesday October 25, 2016 people can vote to help fund NAMI's signature program **NAMI Homefront** in the Los Angeles County. NAMI San Fernando Valley has submitted a \$100,000 proposal as part of the MY LA2050 grant challenge that could make Los Angeles a great place to LIVE. We ask that you vote for us and that you share this information with your friends, members, and colleagues

Nearly 1 in 4 active duty members showed signs of a mental health condition, according to a 2014 study in JAMA Psychiatry. For many PTSD, physical trauma, domestic violence, substance abuse and misuse, homelessness, and suicide are the struggles that our arm forces members face when they come home. We believe every Veteran suicide is a tragic outcome. Regardless of the numbers or rates, one Veteran suicide is one too many-especially for groups at elevated risk for suicide, including older and female Veterans. Recovery is a journey and there is hope for all people affected by mental illness.

NAMI Homefront is an in-person group experience that provides the opportunity for mutual support and shared positive impact. People will experience compassion and reinforcement from people who relate to their experiences. Through their participation, they have the opportunity to help others grow and make LA a great place to LIVE!

Here's a quick walkthrough you can share with your friends:

- 1.- Visit my project page at: bit.ly/NAMIHomeFront
- 2.- Click "Vote for this idea" to vote for me!
- 3.- Log in on to the My LA2050 voting site. If you don't have an account, it's free to join. You can use social sign-in via Twitter or Facebook or your email address.
- 4.- If you use an email address, you will be emailed a link that you need to click in order to verify your address.
- 5.- Once you've voted, you'll get a notification at the top of the screen and an email verifying that your vote has been counted.
- 6.- Remember, you can vote once per goal category during the entire voting period, so please let your friends know an encourage them to check out project ideas in other categories!

NAMI San Fernando Valley is a grass roots volunteer organization offering free of charge support, education, and advocacy for people, families, and communities affected by affected by mental illness.

For question or comments please contact Hector M. Ramirez by phone at 818-994-6747 and by email at hector.m.ramirez@namisanfernandovalley.org